What are the benefits of supplementing with omega-3 for autism spectrum disorders?

- Improving listening and concentration skills: Supplementing with unsaturated omega-3 fatty acids (in the optimal ratio of DHA/EPA from a marine source) increases learning skills and reduces hyperactive behavior by directly influencing the transfer of neurotransmitters norepinephrine and dopamine.
- Reducing hyperactivity, dyslexia, and violent behavior: Due to the ability of fatty acids to assist the brain's nerve cells to "communicate" optimally with one another at the synapses, mental sharpness, memory, and the ability to concentrate for extended periods are greatly improved.
- Improving mood swings and reducing depression: Due to the ability of fatty acids to maintain cell wall flexibility and allow the receptors found on the cell surface to receive and transmit messages, mood swings and episodes of depression are reduced.
- Anti-inflammatory action and assists in treating gastrointestinal infections frequently detected in children with ASD: The combination of DHA and EPA fatty acids reduces arachidonic acid and its derivatives, which contribute to the inflammation processes in the human body, thus reducing inflammation.
- Controlling blood sugar levels: Blood sugar levels directly impact brain function. Controlling blood sugar levels reduces aggravation and hyperactivity.
- Improving visual function and eye contact.

Read more about Omega 3 and best autism treatment centers in the world here.